

INTERNATIONAL YOGA DAY



A session
on Yoga &
Meditation
for
Students
and Staff



21 JUNE 2019



SSET ATRIUM



SCMS

Department of Physical Education

**SCHOOL OF
ENGINEERING & TECHNOLOGY**

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An ISO 9001:2015 Certified Institution



Joshi

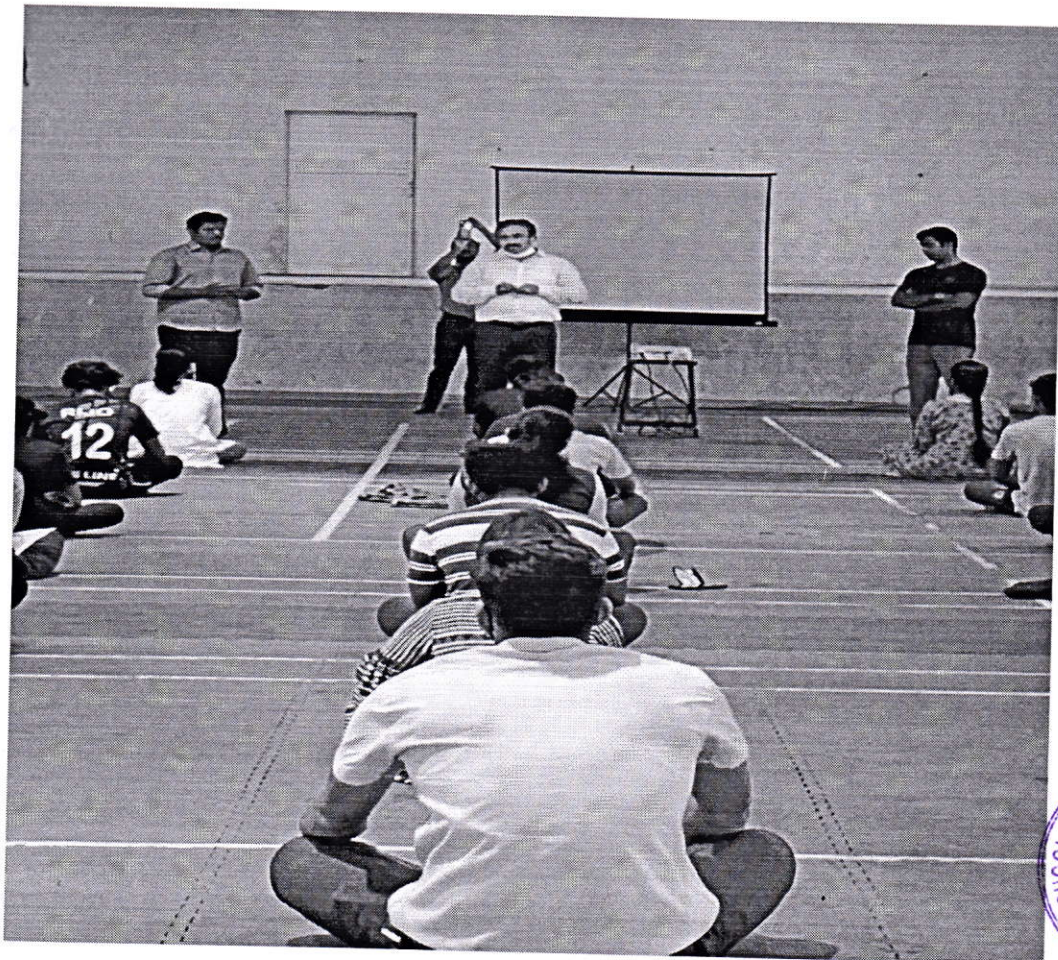
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International Day of Yoga -2019

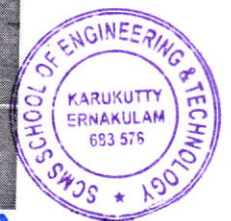
On June 21, 2019, SSET joyously observed the International Day of Yoga. The event commenced at 4:30 PM, featuring a noteworthy speech by Dr. Praveensal, the Principal of SSET. In his address, he underscored the profound importance of engaging in Yogic exercises and expounded on the transformative effects they can have on our well-being.

Dr. Praveensal's speech specifically emphasized the incorporation of pranayama and meditation into our daily routines. He passionately conveyed the positive impact these practices can have on activity levels, productivity, and overall health. Dr. Praveensal also emphasized the role of Yogic exercises in fostering harmony in one's life, both physically and mentally.

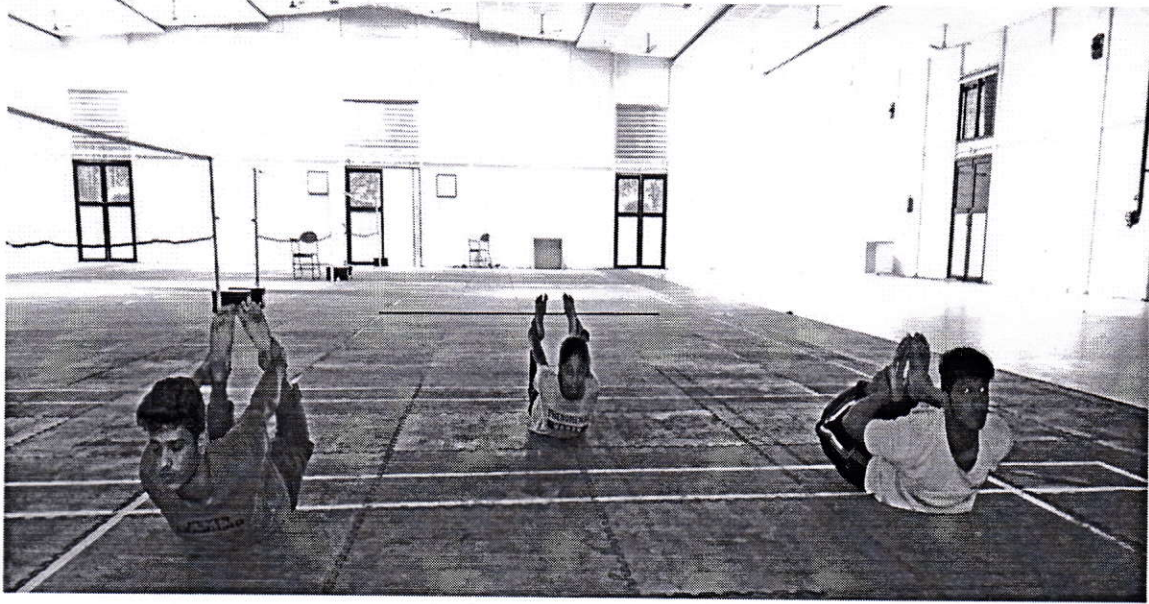
The program, enriched by the rejuvenating activities of asana and pranayama, reached its conclusion at 5:30 PM. The combination of Asana and Meditation not only provided a holistic experience for participants but also reflected the diverse facets of yoga, encompassing both physical and mental well-being. The success of the program was evident in the sense of tranquility and rejuvenation experienced by all participants.



Dr.Praveensal Addressing the Students

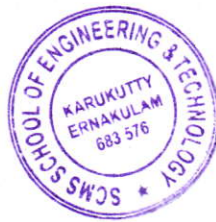


Praveensal
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Yoga Session

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